The Daily Paper of the Submarine Branch With the co-operation of Office of Admiral (Submarines)

# live now and here

(By Dr. William Laing)

A SELF is not something you

These are the words of a modern American psychologist. Life's greatest achievement, he says, is the continual remaking of yourself so that at last you know how to live.

We respond to such a statement instinctively, recognising it immediately as truth.

it immediately as truth.

We remember how President Roosevelt overcame the supreme handicap of partial paralysis, how Winston Churchill faced and overcame a bad stutter so valiantly that he has become one of the world's great orators. We know how Edison invented the gramophone when deaf; how Beethoven, when deaf, composed some of his greatest symphonies; how the blind Milton wrote his great poems.

phonies; how the blind Milton wrote his great poems.

Through the glittering pages of biography we read the stories of great men who made the spirit supreme and the body its subservient instru-

ment.

Through the centuries come the words of an exslave who was lame and utterly poor. "In every feast" he wrote, "there are two guests to be entertained, the body and the soul. What you give the body you presently lose, but what you give the soul remains..."

His name was Epictetus. Because he evolved a personal creed of living. and stuck to it, he became one of the royal souls of all time.

How is your own mental

How is your own mental self-command?

Do you think any thought that turns up in your head?
Do you yield yourself to the emotion that comes along?

Now that you have come with me so far along the road of wise living, you probably resent the mere imputation. Aiready you are set for the building of a self that has poise and strength and adventurous aspiration. Aiready you are checking idle thinking habits and ceasing

Your letters are welcome! Write to " Good Morning" c/c Press Division. Admiralty. London, S.W.1

# Good 349 Can you remember? A lot has happened. Five years since the war began. But when were you whistling "It ain't gonna rain no mo'"? When did the Mahlang cross

When did the Mahjong craze grip you? When did you dance the Lambeth Walk, and when did you fancy yourself in wide-legged Oxford bags? This will help you to remember.

Learn how to IF you saw a queue outside the cinema, you could be fairly sure that the attraction was a four-year-old boy star. Queues were unusual in those days. The boy's name was Jackie Coogan.

Jackie Coogan.

It seems only yesterday that he was making them laugh and weep in "The Kid." Now he's a glider pilot in Burma. Well, this should give you a clue to the period we're going to try first to recall. But here are more clues.

There are other film stars. One became a famous Nazi, or so he said. Perhaps he was acting, still. His name is Emil Jannings, and there were rival queues for his "Loves of the Mighty" and Pola Negri's intriguing "Passion."

Until then, you could hear the familiar rat-rat of the postman on Sundays, but early in the year the Government stopped Sunday deliveries, and even the war has not changed the ruling.

A SELF is not something you are endowed with at birth, along with your inherited attributes, your primeval wants and desires, your time ration and physical potentials. A self is something you are creating as you live day by day.

Whether that self shall be vapid or virile, barren or productive, a source of misery or a source of power—that depends upon the interests you cultivate, the ideals you reach out after, the reactions you let yourself enjoy.

These are the words of a modern American psychologist. Life's greatest achievement, he saws is the continual remaking.

Changed the ruling.

THERE was tragedy when the R38 broke in half over that lives were lost in the giant airship. We never dreamed of the time when over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bomber crews during a single over 500 lives might be lost in bottom over 500 lives might be lost in

One of the most popular tunes of the year was "March of the Wooden Soldiers" Can you place the year? We will call it YEAR "A," and the answer is given at the end of this article.

shirts through Rome while we Mr. Morris down at Oxford this, in fun, "Four horsemen of the eucalyptus," but the fun went out of the eucalyptus joke when this drug was needed vitally to cope with the great 'flu epidemic which between January 1 and February 4 of YEAR "B" carried off 13,000 people. The Bottomley legal farce was played out, and he began his seven years' penal servitude for fraudulent conversion.

Already a new hero had arisen, of a very different calibre. His name was M. Goue, and we began to ltid ourselves that every day in his happened in YEAR "Gn you place it? Just one more clue. Mr. Howard Carter and Lord Carra and Lord Carra

### Chris Gould remembers

answer is given at the end of this article.

Just one more clue. It was the year of Rudolph Valentino's solini marching with his black-"Four Horsemen of the Apocatypse."

Kiddies in the street called

This Year "C" has some lighter moment to help you recall it. There was the great Cup Final crush, when 14 mounted police had to disperse some of the 160,000 who packed into the new Wembley Stadium, built to hold only 125,000, so that over 30,000 were crowded on to the field.

This year, too, is notable for the word "robot." It was coined by Karel Capek, who wrote the brilliant Czeck, who wrote the brilliant Czeck play "R.U.R." Now we almost take "robot" as part of basic English!

There were murder stories that made front-page news. Frederick Bywaters and Mrs. Thompson were hanged for murder. Mme. Fahmy was acquitted of having shot her husband in the Savoy Hotel—and threw a huge acquittal party.

Taket, and poured petrol on the Thames in an attempt to set it on fire.

Finally—this should make it

Finally—this should make it

TOWN

JS Newcombe's—and threw a huge acquittal party.

There were grim events, such as the Crumbles murder case, of which Patrick Mahon then stood accused. There were gay, crazy contrasts, such as the Bright Young Things who started the motor - car Treasure Hunt racket, and poured petrol on the Thames in an attempt to set it on fire.

was the year in which the a piece of cake for you—this Derby was won by a Lord was the year in which the Derby for the first time in 138 British Empire Exhibition years, and a horse which ceropened at Wembley under the tainly did keep its tail up was first Labour Government, and Sansovino, which a bowler-400,000 people watched the hatted Lord Derby led in after King drive up while massed choirs sang Blake's "Jerusa-Lem."

choirs sang Blake's "Jerusalem."

If this clue has solved the riddle for you, then what about the "Lambeth Walk!"? In which year did you sing it—Year "A," "B," "C," or "D"?

ANSWERS.—Year "D" was exactly 20 years ago—1924.
Year "A" was 1921, Year "B"
1922, and Year "C" 1923. The "Lambeth Walk" was not composed until ten years later.

Can you place Year "C"?
Here are a few more clues.
Bernard Shaw completed "St.
Joan." "Yes, We Have No
olini marching with his blackhirts through Rome while we ported our light grey flannels.

All this happened in YEAR
"B." Can you place it?
Just one more clue. Mr.
Howard Carter and Lord
Carnaryon discovered the
Tutankhamen tomb, and a song was written about
"King Tut."

There's a grim cohe of King.

The first have a few more clues.

Reca few more clues.

Scots' GIFTIE.

HERE'S a queer experience transferred to Edinburgh. He was late and rushing to work the other Sunday morning when he was stopped by a young woman, who was accompanied by a Royal Scot, and was carried to Lady Elizabeth BowesLyon.

There's another year yet to guess. We'll call it YEAR "D."

The gift, he found, was a

The gift, he found, was a christening piece—a piece of cake, which an old Scottish custom decrees should be handed to the first male if the child is a girl, after the ceremony. ceremony.

The recipient is expected to accept the gift and wish the baby long life and happiness and make suitable response in the way of some small monetary token of his good wishes. The Sassenach only found out how discourteous he had been when he arrived at his factory and had the gift explained to him.

He enlisted the assistance of a local newspaper to find the baby and her parents, and sent along a handsomely stamped War Savings card. Baby duly got its generous gift, much to the astonishment of the young parents, who were only following out an old custom, and had no idea that the recipient of the "christening gift" would bother to make so kindly a response to people he did not know.

RICH CAKE.

One day a kid from the town was told by one of the men that he'd give him half-a-crown for a cake. The youngster, who knew he could buy one for 9d., closed the deal.

Learning to live now is the supreme achievement of mind over matter. In your lock a treasury of happiness. The news spread, and now on a morning you can see scores of "get-rich-quick" juveniles on the steamer which lands them near the camp—all carry-lock a treasury of happiness.

# Short odd - But true

One-pound notes were issued by the Bank of England in 1797, and remained in circulation until 1823. A further issue in 1825 lasted only a short time. It was not until 1928 that the Bank again issued £1 as well as 10s. notes.

The National Debt of this country first became important in 1684, when £1,000,000 was raised by William III on the security of the public revenue. Four years later the debt had increased to £16 millions. After Water, loo, in 1815, it stood at £885 millions. The Great War of 1914-18 sent it up to £7,800 millions, and it has been rising ever since.

In admiration of the part played by Great Britain in the 1914-18 war, an American named E. S. Harkness founded the Pilgrim Trust with a sum of about £2,000,000. The trustees, who included Lord Baldwin and John Buchan, the writer, were to distribute this money in Great Britain at their discretion, and the terms of the deed covered charitable, educational and national institutions.

What are known as Sumptuary Laws, or laws against luxury, were imposed by Edward III and Henry VIII, prescribing the quality of the cloth to be worn by persons of different ranks, and other curious restrictions. The last of these laws were repealed by Queen Victoria.

The ancient instrument of torture known as the thumbscrew consisted of a frame of three upright bars between which the thumb of the victim was inserted; then a screw was turned on with sufficient force to give intense pain without jeopardising life.

Music was supposed to cure the sting of the tarantula, a large hairy spider found in Italy, hence the tarantula dance.

## Have these modern Psychology Tips helped you?-Let us know your views

to dwell emotionally upon resentments and animosities, criticisms and disappoint-

yes, I know that you made good resolution the other ay—and then let it slide. But ou probably picked up the hattered fragments of the esolution, patched it up—and ried again. You were drawing lesson.

all boils down to the le fact that human beings we simple fact that human beings are incurable optimists. We all want to live perfect lives—perfect because satisfying—and that's why we're always making plans about the kind of world we want to leve in.

world we want to live in.

Have you noticed that it's never the world of the present? The grass across the way always looks greener than the sward we are standing on, and there's one more lesson to be learned from this prevalent type of futurist thinking.

You are living in the present, whether you like it or not. And in your own inner personal life things may never be different.

lous alterations.

Such visions are worth paying for: that's why fortunetellers flourish.

And yet you can have change by a slight effort of will. Try these two small disciplines, for instance:

(1) Write a letter in a soliding successful or happy tone, without a grumble and with no actual mis-statements.

(2) Borrow from one of your mates a book in which you feel you haven't the slightest

point-things in life.

Outward circumstances may obviously change. You may other have realised some secret ambitution. You may tell yourself the leisure, in a world at peace, and you could relax and be happy. Yet, whatever the circumstances, you will still have the same self to live with.

Some people so fail to face up to the implications of this that they seek escape by going to fortune-tellers, who make money by foretelling sudden changes and miraculous alterations in their lives. Such visions are worth paying for: that's why fortune tellers flourish.

And yet you can have

When you've performed these two disciplines, trivial though they seem, you'll feel you've had a mental dry-cleaning. You're still living in the present, but you'll feel that some-how some subtle change has come to it.

The change, of course, is in yourself. The two disciplines, slight though they seem, you'll feel you've had a mental dry-cleaning. You're still living in the present, but you'll feel that some-how some subtle change has come to it.

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You've gone into them, you see, while knowing what you were doing. Your thoughts or an act of will-power, self-power.

Simple? There are plenty of unhappy folk in the world and they were and they were doing. You're gone into them, you see, while knowing what you were doing. Your thoughts or an act of will-power, self-power.

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You've gone into them, you see, while knowing what you were doing. You're still living in the present, but you'll feel you've had a mental dry-cleaning.

Making up your mind to that interest. Read twenty pages one of the most difficult or its equivalent.

You've gone into them, you see, while knowing what you were doing. Your thoughts have been trained and directed to an act of will-power, self-power.

THERE'S a U.S. Army camp "up the river" from a certain S.W. town.

The troops like "a piece of cake," but there's nary a baker near.

Simple? There are plenty of unhappy folk in the world who are wasting to-day's realities and possibilities for to-morrow's speculations. They're sitting bored at a great entertainment, waiting for a better show which may never open.

Learning to live now is the

CLUES ACROSS.

2 False rumours.

2 False rumours.

3 Li-favoured.

11 Started voyage.

15 Colour.

15 Colour.

16 Nut tree.

18 Profound.

19 An.mal.

20 Stories.

22 Rugby tussle.

25 Anaesthetic.

26 Pile.

28 A distance.

30 Common mineral.

32 Violent adherent 34 Europeans. 35 Of nominal

mineral

rank

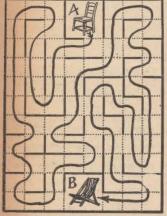
# THE BLACK TULIP

### By Alexandre Dumas—Part 12

AFTER having thanked his fellow-citizens, Cornelius proceeded to his old paternal house and gave directions for some repairs, which he wished to have executed before the arrival of his wife and children; and thence he wended his way to the house of his godson, who, perhaps, was the only person in Dort as yet unacquainted with the presence of Cornelius in the town.

In the same degree as Cornelius Van Baerle, without being aware of the fact, had a much more ferocious, fierce, and implacable enemy than the hatred of the people, by sowing those evil seeds which are called political passions, Van

At the time when Cornelius Van Baerle began to devote himself to tulip-growing, ex-



Answer to Puzzle in S 58.

Solution to Mediterranean . Ports in \$58.
TRIPOLI.

1. A warragal is a native dance Australian dog, Egypt'an plant, Indian bird, Mexican drink?

2. Who wrote (a) The Judge. (b) Justice?

3. Which of the following is an intruder, and why?—Nervo and Knox, Burns and Allen, Flanagan and Allen, Lilley and Skinner, Bennett and Williams.

4. Who is the President of E're?

4. Who is the President of Eire?
5. Greenwich Observatory was founded in 1645, 1655, 1665, 1675, 1685, 1785?
6. Socrates was a Greek athlete, scientist, philosopher, playwright, poet?
7. Which of the following are mis-spelt? — Grotesque, Gregarious, Greivance, Greasey, Grumous, Gymnasium.
8. General Eisenhower's initials are D.D. What are h's names?
9. What is the rule of the road in Switzerland?
10. How many oxides of lead are there, and what are their commercial names?
11. Starting at 20, what are the numbers on the left-hand side of a dartboard?
12. What plant belonging to the lily family do we eat?

### Answers to Quiz in No. 348

Musket.
(a) W. S. Gilbert, (b)

2. (a) W. S. Gilbert, (b) Shakespeare.
3. Flint is in Wales; others in England.
4. Hockey.
5. The "Endeavour."
6. The pith of a palm tree.
7. Piccolo. Perimeter.
8. T. J. Matthews, the Australian, at Manchester, 1912.
9. Talinn.
10. W. W. Ellis, at Rugby, 1823.

1823. 11. William III, succeeded by Queen Anne. 12. Dante, Dryden, Donne.

# 'Honest Isaac Choked with Rage

At the time when Cornelius Van Baerle began to devote himself to tulip-growing, expending on this hobby his yearly revenue and the guilders of his father, there was at Dort, living next door to him, a citizen of the name of Isaac Boxtel, who, from the age when he was able to think for himself, had induged the same fancy, and who was in ecstacies at the mere mention of the word tulips. tulips.

who was in ecstacles at the mere mention of the word tulips.

Boxtel had not the good fortune of being rich like Van Baerle. He had, therefore, with great care and patience, and by dint of strenuous exertions, laid out, near his house at Dort, a garden fit for the culture of his cherished flower; he had mixed the soil according to the most approved prescriptions, and given to his hotbeds just as much heat and tresh air as the strictest rules of horticulture exact.

Isaac knew the temperature of his frames to the twentieth part of a degree. He knew the strength of the current of air, and tempered it so as to adapt it to the wave of the stem of his flowers. His productions also began to meet with the favour of the public. They were beautiful, nay, distinguished. Several famciers had come to see Boxtel's tulips. He had even started a tulip which bore his name, and which, after having travelled all through France, had found its way into Spain, and penetrated as far as Portugal; and the King, Don Alphonso VI—who, being expelled from Lisbon, retired to the Island of Perceira, where he amused himself, not, like the Great Conde, with watering his carnations, but with growing the Boxtel tulip, exclaimed, "Not so bad, by any means!"

All at once, Cornelius Van Baerle, who, after all his learned pursuits, had been seized with the tulipomania, made some changes in his house at Dort, which, as we have stated, was next door to that of Boxtel. He raised a certain building in his courtyard by a story, which, shutting out the sun, took half a degree of warmth from Box-

alculations and arrangements of his neighbour.

After all, this mishap appeared to Boxtel of no great consequence. Van Baerle was but a painter, a sort of fool who tried to reproduce, and disfigure on canvas, the wonders of nature. The painter, he thought, had raised his studio by a story to get better light, and thus he had only been in the right. Mynheer Van Baerle was a painter, as Mynheer Boxtel was a tulip-grower; he wanted somewhat more sun for his paintings, and he took half a degree from his neighbour's tulips.

The law was for Van Baerle, and Boxtel had to abide by it. Besides which, Isaac had made the discovery that too much sun was injurious to tulips, and that this flower grew quicker and had a better colouring with the temperate warmth of morning than with the powerful heat of the midday sun. He therefore felt almost grateful to Cornelius Van Baerle for having given him a screen gratis.

Maybe this was not quite in accordance with the true state

Baerle had gained the affections of his fellow-citizens by completely shunning the pursuit of politics, absorbed as he was in the peaceful pursuit of cultivating tulips.

Van Baerle was truly beloved by his servants and labourers; nor had he any conception that there was in this world a man who wished ill to another.

And yet it must be said, to

took half a degree from his neighbour's tulips.

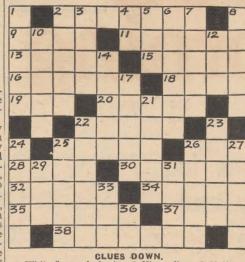
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Maybe this was not quite in accordance with the true state of things in general, and of Isaac Boxtel's feelings in particular. It is certainly aston-ishing what rich comfort great



"My young masters think I'm watching their stickle-backs, but I can hardly keep my eyes open. . . I really must get a few minutes' doze before they look round."

### CROSSWORD CORNER



CLUES DOWN.

1 White-flowered plant. 2 Niggardly. 3 Native nurse. 4 Because. 5 Male animal. 6 Crown. 7 Swings round. 8 Expert. 10 Diagram. 12 Time before. 14 Coasting vessel. 17 Merchandise. 21 Glaring 22 Tried hard. 23 Sudden difficulty. 24 Domestic pet. 25 Keen. 26 Sikk fabric. 27 Sticky stuff. 29 Tree. 31 Ex. 33 Sheep. 36 Note of music.

# 24 Domestic pet 25 Keen. 26 Sik tabric. 27 85 Eleky stuff 29 Tree. 31 Ex. 33 Sheep. 36 Note of music. 29 Tree. 31 Ex. 33 Sheep. 36 Note of music. 35 Sheep. 36 Note of music. 36 Sheep. 36 Note of sheep. 36 Sheep. 36 Note of sheep. 36 Sheep. 36 Note of sheep. 36 Sheep. 36 Sheep. 36 Sheep. 36 Note of sheep. 36 Sheep. 36

County was originally the territory of a count or earl, and is now one of the administrative areas into which the kingdom is divided. Some cities and towns, such as London, are counties in themselves, so constituted by charter.

Hadji is a title given to any Mussulman who has made the pilgrimage to Mecca. He can be recog-nised by his green turban.

Infallibility is the Roman Catholic doctrine that accords the Pope divine immunity from error in the execution of all that pertains to his pontifical functions. It was first proclaimed a dogma of the Church in 1870.



HELP!-THIS BOY

LOOKS AS IF HE'S



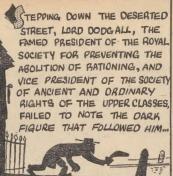




### **BEELZEBUB JONES**

THILE SCOTLAND YARD IS INVESTIGATING THE MYSTERY OF THE SUDDEN DEMISE OF SIR WILLIAM PAUNCEFOOT WIGGLEBOTTOM, ANOTHER CRIME OF EQUAL MAGNITUDE IS ABOUT TO TAKE PLACE IN A DESERTED STREET IN OLD LONDON .... BARLING







### BELINDA









### **POPEYE**









RUGGLES

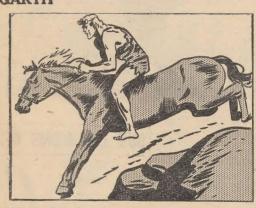








GARTH







JUST JAKE









# Britain in the South Seas

### By JOHN FLEETWOOD

QUEEN SALOTE TOBOU, coloured 43-year-old monarch of the Kingdom of Tonga, has been celebrating the silver jubilee of her rule over 32,000 inhabitants of a South Pacific

been celebrating the silver jubilee of her rule over 32,000 inhabitants of a South Pacific Arcadia.

These "Friendly Isles," of which two were permanently submerged under a tidal wave in 1919, are the only islands in the British Empire ruled by a native administration.

The tall, New Zealand-educated queen, with her ministers, is an honours graduate of the school of democratic good fellowship on which Britain brings up her Empire. For her domain is an exemplary state, solvent and well governed.

Every native, on coming of age, receives a plot of land on the main Island, Tongatabu, along with a share of another, perhaps 100 miles away, where he must cultivate coconuts for copra, the principal export of the group. Every month there is an official inspection of lands and homes.

There is no poverty in this happy, fertile land of island homesteads; debt and discontent are unknown, and flowers bloom incessantly in the delightful climate.

A HAPPY LAND.

### A HAPPY LAND.

The Tongans, a strong, intelligent people, are one of the few island races which are rapidly

The Tongans, a strong, intelligent people, are one of the few island races which are rapidly increasing.

All are Christians; there is a native college on Tongatabu, and if you talk with any of its graduates you will find them in most respects as able and intelligent as the average Briton, keenly interested in their work and proud to belong to the British Commonwealth.

The Tongans should not be confused with Rarotongas, not so far distant, but whose incorrigible native weakness for strong liquor led its New Zealand owners to make the Island "dry"—a law which the people promptly circumvented with a secret concoction.

Queen Salote is a keen sportswoman, otherwise she patterns her life on that of Queen Victoria, for whom this island people had a vast admiration. She married at 17, her husband becoming Prince Consort and Prime Minister. But you have to go back to the time of the Norman Conquest to find the first of the Tubous island rulers.

To open the Tongan parliament, the queen drives to the government house in a modern car, arrayed in ermine robes and wearing a gold crown. But for traditional ceremonies she goes barefoot, in native dress, with flowers in her hair.

Of the thirty Inhabited coral islands which comprise her kingdom, Queen Salote early on gave one for use as an airfield, along with a present to Britain of £10,000. In October last year (1943) she repeated the gift.



Recently she reviewed her Defence Force, which she herself raised, the women making and repairing all the uniforms. Many of the Force elected to go overseas. Under a commander of their own race they have been doing good service in the Solomons and New Guinea with those other island patriots, the Fijians, about 400 miles to the north-west.

with those other island patriots, the Filians, about 400 miles to the north-west.

FAR, FAR AWAY.

After sending abroad many individual groups of volunteers, for the first time in their history the people of Fiji's 250 islands lately despatched their own combatant contingent overseas to form part of the now famous International Brigade. And when the 1st Battalion, Fiji Infantry Regiment, embarked at Suva, the capital, observers described the occasion as the most moving spectacle they'd ever seen.

But the men going overseas left behind them some of the best Home Guards in the Colonial Empire—smart on parade, efficient in action.

Accustomed to going barefoot, Fiji's Home Guard may have taken a little while to get used to army boots. But after that, never a grouse was heard, even when the mistake was made of issuing right boots to one lot of men, lefts only to another.

Every man attended parade without complaint, until, after six weeks, the error was noted by an inspecting quartermaster. The Q.M. corrected the oversight almost overnight, although the lefts had all gone to the men on another island.





"Don't be so astonished!"
"Well, how can I help it—I'm a marmot!"

Paramount's
lovely Star,
Barbara Britton, shows us
her wristwatch
(at least).

